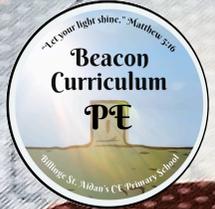


Year 1 - Ball Skills - HT2/3



Prior Learning: In Early years, children began to develop fundamentals of movement e.g. running, jumping, hopping, skipping. Children learned to negotiate space and obstacles safely; with consideration for themselves and others. They also developed their hand eye co-ordination throwing and catching a variety of objects.

Physical Me

- **Passing**- The ball with feet
- The ball with hands

- **Dribbling** - The ball with feet
- The ball with hands

- **Throwing** - Over arm
- Underarm
- At a target

- **Catching**- different shaped balls

- **Rolling**- Underarm

- **Throwing** into a goal, hoop, target to score.

- **Running**- To receive/intercept a ball
- with a ball in hands



- Balance
- Agility
- Co-ordination



Key Skills

Thinking Me

- To make a decision in a game

Value Me:

- Determination
- Teamwork

Social Me

- Communicate with others
- Co-operate with others

Games you can use your ball skills in...

- Basketball
- Football
- Rugby
- Handball
- Hockey
- Lacrosse
- Netball

Key Vocabulary

Control

Pass

Target

Catch

Personal Best

Team

Dribble

Game

Score

Key Knowledge

Catching - Hands out in 'W' shape to make a target to receive

Passing (feet) - Use the inside of foot, point in direction of pass

Passing (hands)- Step into pass, point in direction of pass

Throwing- Use opposite arm and opposite leg, Point in the direction with the non throwing hand.

Or in Rugby point with the ball in the direction you throw

Dribble (with hands) - push not pat the ball, look up

Dribble (with feet) - Use the inside of foot, head up

Games (Invasion) have...

Attackers

- Aim to score a goal or point
- Create space
- Keep possession
- Move into a scoring position

&

Defenders

- Try and stop the opposition from scoring
- Mark the opposition
- Try and win the ball back

I can statements	✓ X
Catch a soft ball safely	
Pass the soft ball from chest - 'W' shape when passing and receiving.	
Small sided games (super hero ball) 3v3 introducing passing and receiving a ball	
Play an adapted superhero game and introduces rules	
Scoring in a variety of ways	
Stopping a ball with the inside of feet	
Pass the ball beginning to use inside of feet "toe, toe, toe, no, no, no!"	
Dribble the ball with the inside of feet	
Follow my leader - trying to stay near their partner	
Scoring point in a variety of ways in adapted games	
Play a simple game of tag	
Move with control with the ball in their hands at chest height	
Hand over the Rugby ball sideways	
Attempt to get past a defender	
Scoring a try in a modified drill using correct technique- stay on feet using 2 hands	

Anything else you have learnt? What have you enjoyed?